

M. PHYSICAL ACTIVITY - CATEGORIES

Physical inactivity and its related health problems have significant economic consequences for the U.S. health care system. In the long term, physical inactivity threatens to reverse the decades-long progress that has been made in reducing the morbidity and mortality related with many chronic conditions, e.g., cardiovascular disease. A physically inactive population is at medical and financial risk for many chronic diseases and conditions including heart disease, stroke, colon cancer, diabetes, obesity, and osteoporosis.¹

Regular physical activity decreases the risk for heart attack, colon cancer, diabetes, and high blood pressure, and may decrease their risk for stroke. It also helps with weight control; contributes to healthy bones, muscles, and joints; reduces falls among the elderly; helps to relieve the pain of arthritis; decreases symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications. Moreover, physical activity does not need to be strenuous to be beneficial.² Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.³

Survey Questions:

Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

Now, thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

How many days per week do you do these (moderate/vigorous) activities for at least 10 minutes at a time?

On days when you do (moderate/vigorous) activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

People are considered at risk if they either reported insufficient or no physical activity. Analysis of the 2005 Arizona BRFSS data indicated that 35.3 percent of all respondents reported insufficient activity for both moderate and vigorous physical activity categories. In addition, 11.3 percent reported no physical activity (Figure M-1).

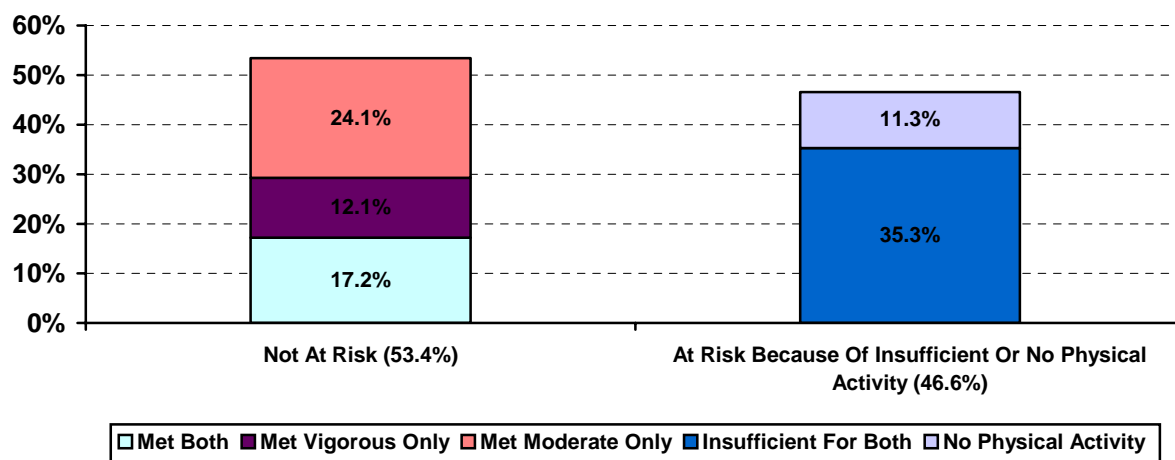


Figure M-1. 2005 Arizona BRFSS respondents physical activity levels.

More females were at risk than males (48.3 percent and 44.9 percent respectively). In 2005, both genders experienced a decrease from the 2004 rates. Arizonans 65+ years old were most at risk

activity (58.2 percent, higher than the 2004 rate) and the next highest at risk group were respondents 45-54 years old (52.3 percent, lower than in 2004). Respondents with less than an high school education (58.4 percent, higher than the 2004 rate) were most at risk followed by respondents with a high school education (48.1 percent, lower than in 2004). Arizonans with incomes \$15,000 to \$24,999 were the most at risk (53.2 percent), the next highest were those making less than \$15,000 (52.0 percent), both 2005 rates higher than in 2004. Non-White Arizonans were more at risk (48.8 percent, higher than the 2004 rate), compared to White respondents (45.5 percent, lower than in 2004). Hispanics were more at risk (43.3 percent, higher than the 2004 rate) than Non-Hispanics (45.6 percent, lower than in 2004).

References

1. U.S. Department of Health and Human Services. Physical Activity Fundamental To Preventing Disease, June 2002.
2. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2004.
3. Katz S, Branch LG, Branson MH, et al., Active Life Expectancy. N Engl J Med, 1983; 309: 1218-1224.

Arizona BRFSS: Arizona respondents who are at risk because of insufficient or no physical activity.			
GROUPS	WEIGHTED PERCENT		2005 N*
	2004	2005	
<u>Sex</u>			
Male	50.2	44.9	753
Female	48.8	48.3	1,424
<u>Age</u>			
18-24	45.6	40.9	82
25-34	40.5	38.5	237
35-44	50.9	44.1	360
45-54	56.2	52.3	423
55-64	55.2	45.7	389
65+	50.1	58.2	686
<u>Education</u>			
Less than High School	42.8	58.4	339
High School Graduate/GED	49.6	48.1	647
Some College/Tech School	52.9	46.1	616
College Grad	49.6	41.2	573
<u>Income</u>			
<\$15,000	44.7	52.0	293
\$15,000-\$24,999	49.4	53.2	428
\$25,000-\$34,999	50.2	45.1	266
\$35,000-\$49,999	48.6	45.8	318
≥\$50,000	51.4	42.5	536
<u>Race</u>			
White	52.0	45.5	1,403
Non-White	43.6	48.8	742
<u>Ethnicity</u>			
Hispanic	43.3	49.6	590
Non-Hispanic	51.3	45.6	1,574

Table M-1. BRFSS results: Arizona respondents who are at risk because of insufficient or no physical activity. *N is unweighted